

DINNERLY



Fan Fave: Homemade Chicken Nuggets with Two-Potato Smash and Beans



30 minutes



2 Servings

Who doesn't love crispy, panko-coated chicken nuggets? And even though we could eat a whole plate of them on their own, we haven't forgotten the all-important veggies – a smash of potato and sweet potato and a mound of just-tender beans.

WHAT WE SEND

- 1 potato
- 1 sweet potato
- 150g green beans
- free-range chicken tenderloins
- 40g panko breadcrumbs¹
- 10g country seasoning¹⁷

WHAT YOU NEED

- 20g butter⁷
- 1 tbs plain flour¹
- 1 egg³
- 2 tbs olive oil
- 2 tbs tomato sauce (optional)

TOOLS

- medium saucepan
- potato masher
- small saucepan
- medium frypan

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Gluten (1), Egg (3), Milk (7), Sulphites (17). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 725kcal, Fat 29.7g, Carbs 59.2g, Proteins 46.0g



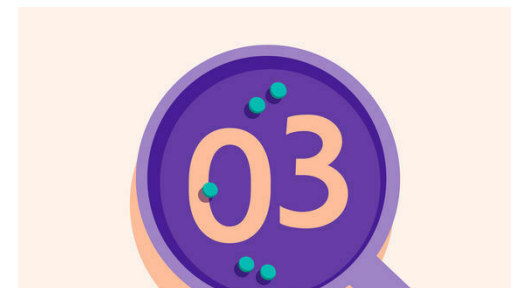
1. Prep ingredients

Peel the **potato** and **sweet potato** and cut into 2cm chunks. Trim the **beans**. Cut the **chicken** into thirds.



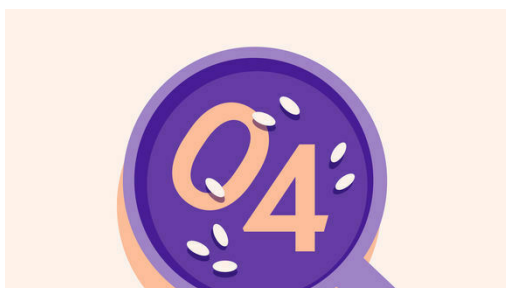
2. Make two-potato smash

Put the **potato** and **sweet potato** in a medium saucepan of cold salted water and bring to the boil. Reduce the heat to medium and cook for 10-12 mins until tender. Drain, then return to the pan and coarsely mash (see Make it yours). Add **20g butter**, season with **salt and pepper** and stir to combine.



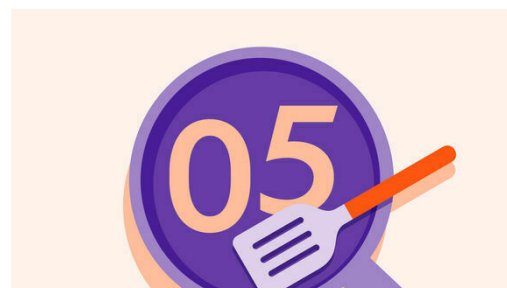
3. Crumb chicken

Meanwhile, put **1 tbs plain flour** in a shallow bowl. Whisk **1 egg** in a separate shallow bowl. Combine the **breadcrumbs** and **country seasoning** in a third bowl. Dust the **chicken** in the flour, shake off the excess, then dip in the egg and coat in the breadcrumbs.



4. Fry chicken nuggets

Bring a small saucepan of water to the boil for the beans. Heat **2 tbs olive oil** in a medium frypan over medium-high heat. Cook the **nuggets** for 2-3 mins each side until browned and cooked through. Remove from the pan.



5. Serve up

Meanwhile, add the **beans** to the pan of boiling water and cook for 2-3 mins until tender. Drain, then season with **salt and pepper**. Divide the **chicken nuggets**, **potato smash** and beans among plates and serve with **tomato sauce**, if using. Enjoy!



6. Make it yours

We coarsely mashed the potato to give it some texture, but you can mash it until smooth if you prefer.